

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2017 EMMITSBURG SENIOR CENTER				1 Strength Training @ 10 Puzzles cards & games	2 Chair Exercise @10am Canasta @ 12 Food Distribution @1pm (FSC)	3 Tia Chi Fridays @ 1pm
4	5 Bowlers meet @12:30 Art Class 1:30-3	6 Strength Training @10 Nutrition Minute Cards games & puzzles	7 Chair Exercises @10 Coloring activity@ 12:30 Pickle Ball 1-3	8 CENTER CLOSED	9 Chair Exercise @10 Loy's Station outing-picnic Tia Chi 1pm	10
11 Pickle Ball Wednesdays 1-3pm	12 Bowlers meet @12:30 Art Class 1:30-3	13 Strength Training @ 10 Why Laughing Matters @ 11am	14 Chair Exercise @ 10 Craft Honoring our Flag/\$10.00 Bridge @ 12 <small>Flag Day (US)</small>	15 Strength Training @ 10 Puzzles cards & games	16 Chair Exercise @10 Canasta @12 Wii Golf Tia Chi 1pm	17
18 <small>Father's Day</small>	19 Bowlers meet @12:30 Art Class 1:30-3	20 Strength Exercise @ 10 Trivia and word games @11	21 Chair Exercise @ 10 Beach Blanket Bingo @12 Pickle Ball 1-3 <small>Summer Begins</small>	22 Strength Training @ 10 Puzzles cards & games	23 Chair Exercise @10 Canasta @12 Tia Chi 1pm Wii golf	24
25	26 Bowlers meet @12:30 Art Class 1:30-3	27 Strength Training @ 10 Cards, games & puzzles	28 Trip to Creamery leave @ 11 return by 3pm/\$10.00 Bridge @ 12 Pickle Ball 1-3	29 Strength Training @ 10 Puzzles cards & games	30 Chair Exercise @10 Canasta @12 Tia Chi 1pm Wii golf	